



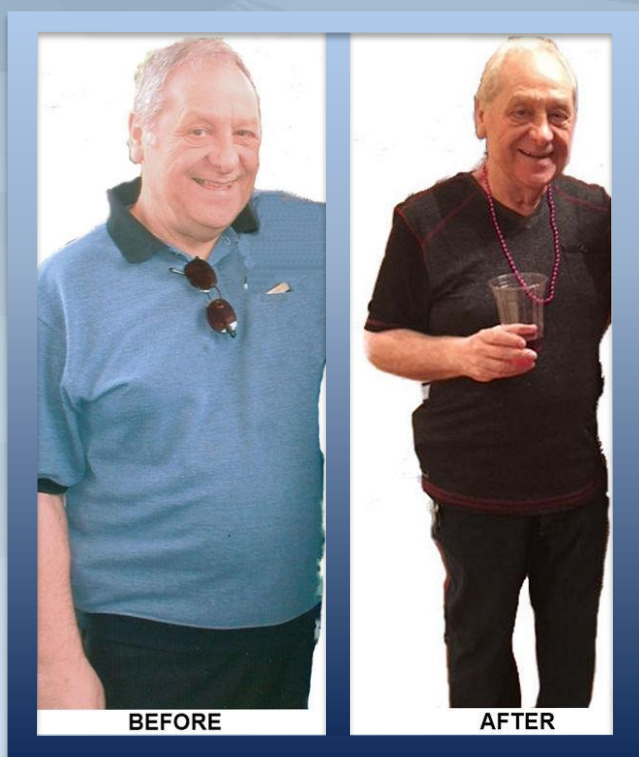
# Success Stories

*Healthy Living Matters. Prevention Works.*

## Back in Top-Flight Condition

**FOR YEARS, FORMER PILOT LANCE BROWN WAS FLYING BLIND WHEN IT CAME TO NUTRITION AND HIS HEALTH.**

With the help of the MOVE! Program, Lance learned the value of reading nutrition labels, healthy eating, and being physically active. Now, he has lost 40 pounds—and is gunning for 12 more!



### Why did you choose MOVE!?

"In my earlier life, I was a pilot for a Federal agency, working overseas. At the time, I would work out 7 days a week, or whenever I had the time. My waist was 26 inches.

"Then I got older, stopped working as a pilot, stopped exercising, and started eating horribly, never reading nutrition labels. My waist went to a whopping 44 inches, and my weight was 220 pounds. I tried losing weight, and I did. But I found it really difficult. I mentioned it to my primary care doctor who signed me up for the MOVE! Program."

**“It is my wish that other Vets will learn from my experience and join MOVE! It is definitely a life changer.”**

**– Lance Brown**

### ***What happened when you started MOVE!?***

“I learned so much about nutrition. I now read food labels for everything I buy. I must say, I have never eaten so much in my life. I eat three meals a day and two or three snacks, and always feel full.

“I entered the MOVE! Program for 12 weeks, and was so happy with my results that I signed up for an additional 12 weeks. To reach my goal weight, I am now going to sign up again for my third time! I will always remember what I learned, and I hope to stick with it.”

### ***Who helped you reach your goals?***

“The entire VA staff helped me reach my goal, including the dietitians, pharmacist, [physical] therapist, etc. I could not do it without them. They motivated me.”

### ***What have you accomplished since you started MOVE!?***

“I have lost 40 pounds and 12 inches around my waist. When I started the program, my jeans were a size 44, and I am happy to say they are now size 32. I want to lose another 12 pounds, making it 150, which is my goal. That should bring my jean size down to probably 30 or even 28.

“My doctor stopped all my medications except a statin, which I need for my heart because I had a triple bypass, and aspirin. That is it. No more meds. That was really rewarding.

“For exercise, I go on the treadmill in the early morning and again in the evening for a total of one hour and ten minutes. My workout goes as high as 4 mph, which feels like I am running. I do between 5 and 6 miles a day every day and about 11,000 to 13,000 steps per day.”

### ***Do you have a message you'd like to share with other Veterans?***

“Weight loss and exercise really changed my life. It is my wish that other Vets will learn from my experience and join the MOVE! Program and stick with it. It is definitely a life changer.”